

# Quarter 1 Update - February 2019



*“Once installed, we will be promoting our new racks in 2019 to our staff.”*  
 ~Sara Will, Project Lead, Mankato Clinic

## Mankato Clinic Becoming Bicycle Friendly

Residents of Mankato and North Mankato will soon be able to utilize bicycle racks at various Mankato Clinic locations thanks to a Blue Earth County and BNLW SHIP programs.

Of the eleven bike racks being installed, three will be placed at the Main Street Clinic, three at the Children’s Health Center on the Wickersham Campus, and one at each of the Mapleton and Lake Crystal Clinic locations. The remaining three will be installed at the North Mankato location, which is currently undergoing renovations. Allotted space has been included in the plans for the bike racks that will be funded by the grant.

The addition of the bike racks is part of an effort by Mankato Clinic to promote and support active, healthy transportation options for their employees and patients.

### Quick Facts

- 11 bicycle racks, 3 in North Mankato
- funded by Blue Earth County SHIP & BNLW SHIP mini grants
- installation spring 2019

## Brown County Focuses on Hydration

Brown County employees and those visiting the Brown County Courthouse, license bureau, highway department and extension offices will soon have easy access to drinking water. With the support of a grant from the BNLW SHIP, the county will be installing a hydration station at each of these locations. A hydration station is a filtered water fountain used for filling and refilling water bottles.

The goal of this project is to help reduce consumption of sugary beverages by having drinking water readily available

### Quick Facts

- 4 hydration stations to be installed Brown County buildings
- They will be available for both staff and the public



*“The addition of water filling stations to these spaces would allow employees and the public to have easy access to drinking water.”*  
 ~Chuck Enter, County Administrator

## active living

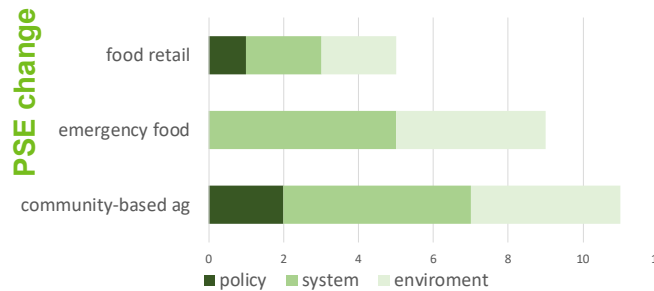
**9** partner sites  
3 planning  
5 increased access  
1 beginning engagement

**62,151** people reached

**ship contribution to active living work**  
Planning and Assessment 6  
Engaging Priority Populations 2  
Membership on Committees 4  
Leadership or Facilitation 1  
Implementation 4

## healthy eating

**11** partner sites  
6 community-based agriculture  
14,387 reached  
5 emergency food programs/systems  
13,844 reached  
2 food retail  
27,495 reached



## tobacco-free living

**5** partner sites  
2 smoke-free housing 142 reached  
2 point of sale 25,018 reached  
1 other tobacco activity 25,327 reached

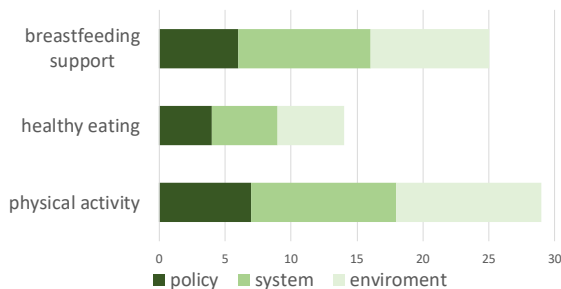
## schools

**25** partner sites  
9 healthy eating activities  
school-based agriculture  
healthier snacks & beverages  
smarter lunchrooms  
20 physical activity activities  
quality physical education  
active classrooms  
before & after school physical activity  
safe routes to school  
3 beginning engagement

**2,675**  
people  
reached

## child care

**11** partner sites  
11 physical activity  
5 healthy eating  
10 breastfeeding support  
**317** people reached



## workplace

**13** partner sites\*  
**2,675** people reached

**wellness components achieved**  
Completed annual CDC Scorecard 10  
Established wellness team 9  
Created wellness vision 5  
Created wellness brand 2  
Created written workplan 8  
Created wellness budget 9  
Secured leadership support 13

\*There are 44 building sites

## health care

**6** partner sites  
6 clinic community linkages  
breastfeeding support  
1 evidence-based programs  
diabetes prevention  
chronic disease self-management  
falls prevention

**105,237**  
people  
reached

**provider type**

